



# NEWS RELEASE

## Defense Commissary Agency

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## New crop of apples abound at your commissary

*By Kay Blakley,  
DeCA home economist*

**FORT LEE, Va.** – Each year as the trees begin to turn brilliant, beautiful colors, and those crisp, cool autumn days are filled with a decided chill, the urge to spend some “quality time” in a warm and cozy kitchen overwhelms me. To me, quality kitchen time means producing dishes that provide an aroma that’s every bit as delectable as the taste of the finished product. The one food that fills both those requirements is apples! Baked apples, apple pie, and applesauce are all surprisingly easy to make. And, your commissary has the very best of this year’s apple crop ready and waiting for you.

Americans consume an average of more than 45 pounds of apples and apple products each year. That’s a lot of apples, but who could object? They’re fat free, only about 80 calories each for a medium-sized fruit, and they’re a great source of fiber. The most popular varieties include Red and Golden Delicious, Granny Smith, Fuji, and Gala. Our larger commissaries carry them all, plus a few others such as Pink Lady, Jonagold, Braeburn and Honey Crisp. If you’ve been stuck in the Red Delicious rut, afraid to try new varieties, refer to the chart below for a preview of what the others have to offer. Then experiment to your heart’s content.

Whatever variety you choose, look for apples that are free of bruises and firm to the touch. Store them in the refrigerator; they’ll last up to 10 times longer than if stored at room temperature. Apples emit ethylene, a naturally occurring gas that promotes ripening, but can damage ethylene sensitive items such as asparagus, broccoli, cucumbers, and lettuce. For this reason, it’s best to store them in a refrigerator crisper drawer of their very own, or in a plastic

bag. They also absorb odors easily, so store them away from foods with reputations as “stinkers.” If one apple develops signs of spoilage, remove it from the rest right away. The old saying “one rotten apple spoils the whole bunch” is definitely true.

Enjoy apples just as they are or go to [http://www.commissaries.com/kays\\_kitchen.cfm](http://www.commissaries.com/kays_kitchen.cfm) to try them in any of this week’s featured apple recipes:

- Homemade Applesauce
- Instant Applesauce
- Waldorf Sandwiches
- Pork with Onions and Applesauce
- Whole Wheat Flax’N Apple Muffins
- Slow-Cooked Praline Apple Crisp
- Easy Microwave Applesauce
- Caramel-Apple Gingerbread
- Apple Pie
- Honey of an Apple Pie
- Apple Cake (German) Apfel Cake
- Apple Strudel – Traditional
- Apple Strudel – Quick and Easy
- Baked Apple

**- DeCA-**

**About DeCA:** *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth about \$3,400 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America’s military and their families, and help recruit and retain the best and brightest men and women to serve their country.*